October 21, 2011 "Pre Deployment" Event MSST San Diego and PSU 305 Detachment

The Catamaran Resort and Spa in San Diego

Members and their families/friends enjoy a reception during registration Friday evening.

One of the many special guest in attendance.

Events are designed for all Coast Guard family members.

Yellow Ribbon events are for the entire family. Here one of the reserve members of MSST takes in the event with her parents.

Members and families enjoy breakfast Saturday before the event kicks off.

Enjoying breakfast before the event kick-off

Another family preparing for the start of the event.

Breakfast is served.

Enjoying family time and conversation during breakfast.

Opening session Saturday morning.

A joint learning experience.

Sharing a quiet moment during break.

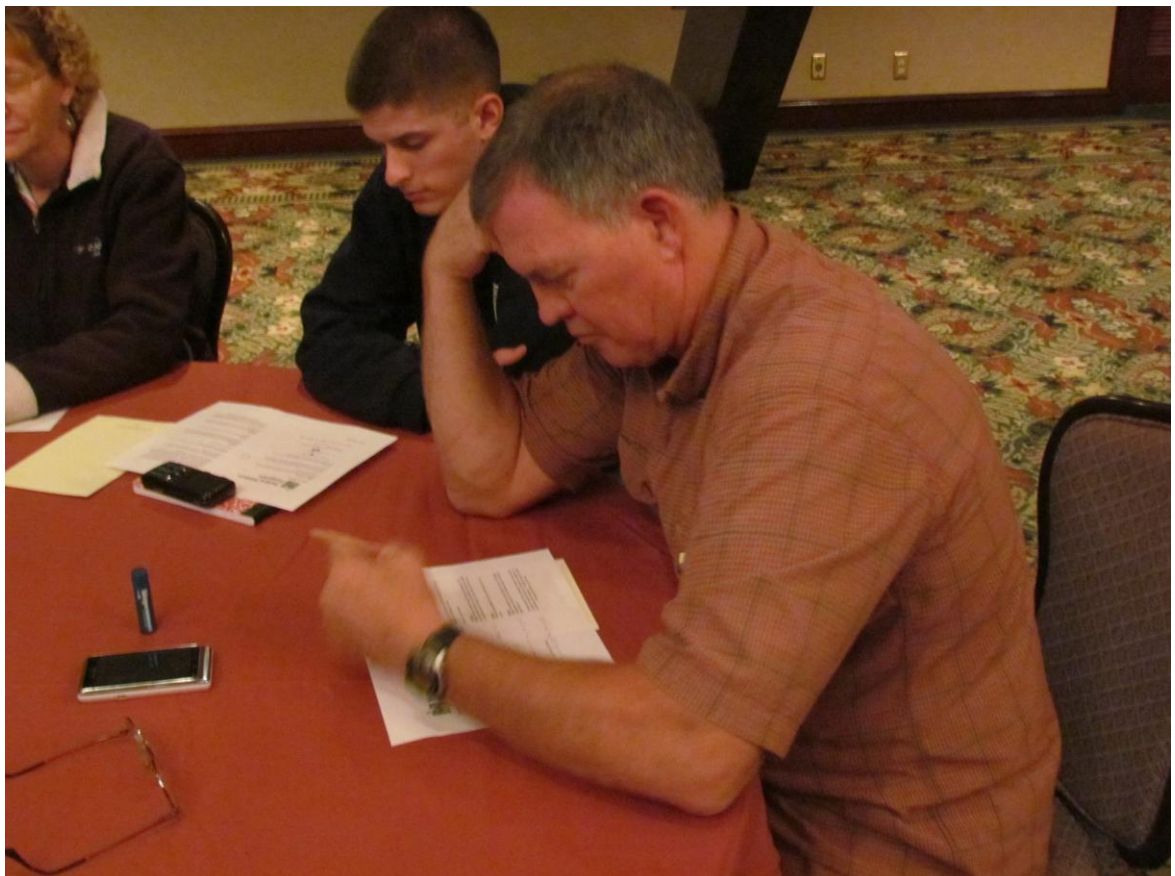Focusing on deployment tools.

Taking it all in.

One of the professional child care experts playing with a family member.

Professional child care experts playing with family members.

Taking part in one of the exercises.

More interactive exercises.

Enjoying some personal time during the presentation.

Taking one of the sessions in.

Taking it all in.

Members and families taking advantage of the many service providers on hand for the event.

Unit member speaking with one of the service providers.

Working together through an exercise.

Master Chief Ryan Fahlencamp, CMC of the DOG, speaks with members during a break.

Break time.

Lighter moment during one of the breaks.
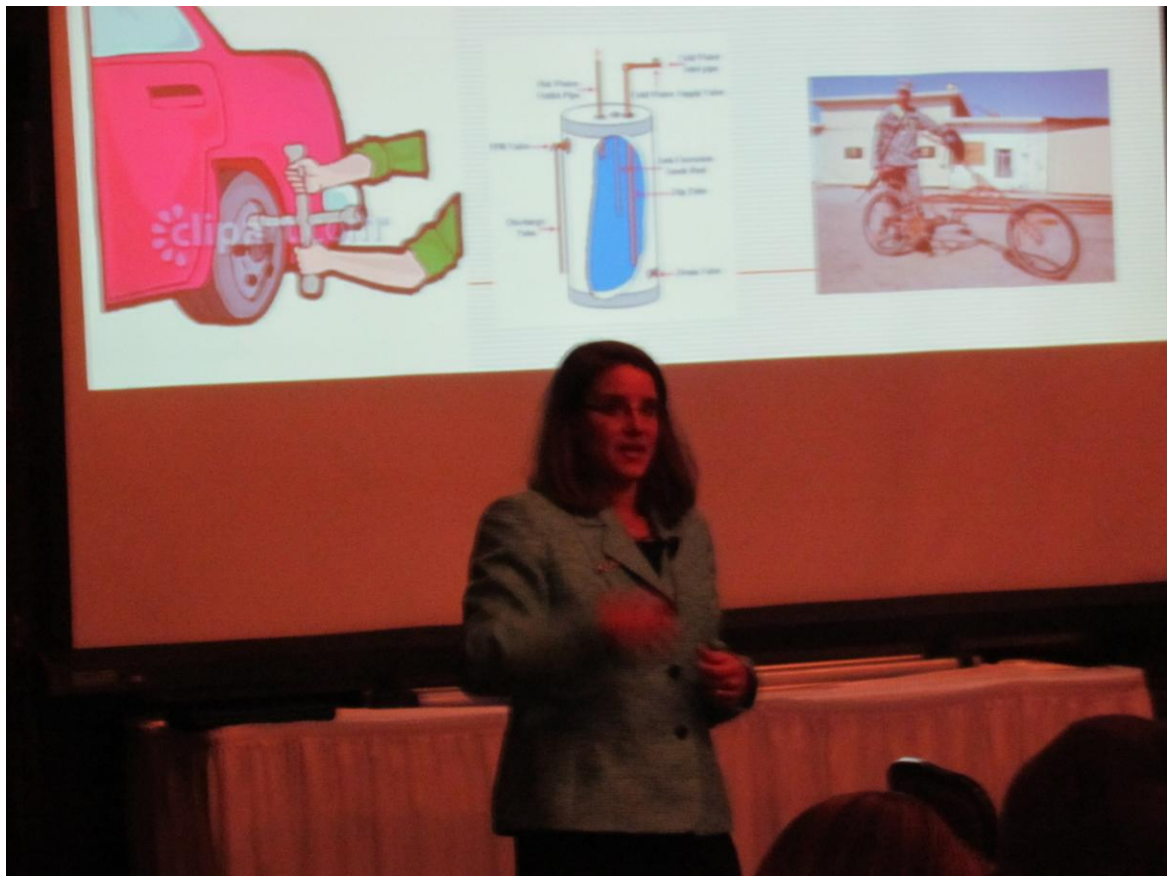
Lighter moment during one of the breaks.

Listening intently to the presenter.

Listening intently to the presenter.

Listening intently to the presenter.

The special guest speaker begins the session with a presentation on stress.

Attentive to the material being presented.

Relaxing during a break.

Eager to learn more during the event.

Saturday evening river cruise.

Work-Life from San Diego briefs the members and families.